



City of Yonkers

Department of Parks, Recreation & Conservation

285 Nepperhan Avenue

Yonkers, New York 10701



Fall 2015

COMMUNITY RECREATION

www.yonkersny.gov
register.communitypass.net/yonkers



Mayor Mike Spano

CITY OF YONKERS

YonkersNY.gov

Dear Resident:

Fall is a wonderful time of year to explore all that Yonkers and our Parks Department has to offer. As summer begins to wind down, we turn our attention to the vibrant season ahead. There is truly no better place to take in the foliage and sights of autumn than Yonkers' Waterfront. Take a walk along the recently re-paved downtown esplanade or launch your kayak from JFK Marina to view the colorful leaves of the majestic Palisades up close.

The Yonkers Marathon is a fall tradition for athletes and spectators alike and this year the marathon turns 90. To mark this momentous occasion, the second oldest marathon in the world will feature new marathon and new half marathon courses as well as the addition of a 5K, so that runners of all ages and fitness levels can participate in the historic event. The 90th running will take place Sunday, October 18 at 8:00am.

Sarah Lawrence College Soccer is returning home to Yonkers this season. After playing outside of the city for several years, the College's men's and women's soccer teams will play their home games at Tibbetts Brook Park and Fleming Field so you can cheer on your hometown team without leaving Yonkers. To see the home game schedule for the Fall 2015 season, visit yonkersny.gov/soccer.

Whether you're having a picnic, attending a ball game, or stopping by for a quick visit with family and friends at one of our 76 City Parks and Playgrounds, remember that each one of us has a responsibility to keep our city clean. That's why we launched the "Leave No Trace" initiative encouraging residents to take out what you bring in, including garbage and recyclables. Help us keep Yonkers beautiful this season and every season.

If you ever have a question or concern, please don't hesitate to call my 24-hour helpline at 914-377-HELP (4357) or email me at mayor@yonkersny.gov. If you're on Twitter, Instagram, or Facebook, join us in hashtagging all your fall photos with #FallinYonkers.

Sincerely,



MIKE SPANO
Mayor

Be Part of YONKERS THIS FALL



FALL FOLIAGE

You don't have to travel far to watch the leaves turn. With 4.5 miles of Hudson River waterfront, Yonkers offers beautiful views of the Palisades.

90TH YONKERS MARATHON

October 18th, 8:00 AM

The City of Hill is home to the second oldest marathon in the United States. Cheer the runners on as they start and finish in the Downtown Waterfront District.



SARAH LAWRENCE COLLEGE SOCCER

Sarah Lawrence College Men's and Women's soccer returns home to Yonkers after playing outside of the City for several years. Cheer on your hometown team at Tibbetts Brook Park and Fleming Field this season.

General Information

City of Yonkers Department of Parks, Recreation and Conservation
285 Nepperhan Avenue, Yonkers NY 10701
Monday- Friday 8:30 am to 4:30 pm, 914-377-6450

REGISTRATION: Registration is on a first-come, first-served basis until programs are full. MAIL-IN REGISTRATION IS NOT ACCEPTED.

ONLINE REGISTRATION: The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make online payments using Visa, Master Card or a Discover Card.

WALK-IN REGISTRATION: Walk-in registration takes place the day after online registration. If you do not have computer access, in-person registration will take place at 285 Nepperhan Avenue, starting at 9:00 am. Please note that some classes will be full prior to 9:00 am. You can make payment using check, cash, money order, Master Card, Visa or a Discover Card.

AGE REQUIREMENTS: Age is determined as of the date of the first class unless otherwise specified. Example: An adult class is for ages 18 years and older. No one under 18 is permitted to participate in or attend an adult class.

ABSENCES: Classes are not made up due to a participant's personal absence. Classes cancelled to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

REFUND POLICY: Full refunds will be issued for any program cancelled by the Department of Parks, Recreation and Conservation (Parks). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Refunds for trips will not be granted unless the spot can be filled from the waiting list. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. No processing fee will be charged if the Parks Department cancels the program or if the participant provides a doctor's note when withdrawing for a medical reason. Please allow several weeks for processing refunds.

TRANSFER POLICY: Registrations are non-transferable person to person.

PAYMENT PROBLEMS: Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

INCLEMENT WEATHER: The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS.

SINCERE APPRECIATION: We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their principals, teachers, secretaries, and custodians.

SPECIALISTS NEEDED: If you have a special skill and would like to teach a class for the Parks Department, please call 377-6436, Monday - Friday, 8:30 am to 4:30 pm.

PROGRAM BEHAVIOR: Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants or staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.

CITY OF YONKERS

Mayor Mike Spano

CITY COUNCIL

Liam McLaughlin

President

Christopher Johnson	Dennis Shepherd
1st District	4th District
Corazon Pineda	Mike Breen
2nd District	5th District
Michael Sabatino	John Larkin
3rd District	6th District

DEPARTMENT OF PARKS, RECREATION AND CONSERVATION

PARKS BOARD

Orest Kozicky, MD, Chairman

James Letsen, Vice Chairman

Geraldine Esposito Jason Wilson

Carmen Gomez-Goldberg Theodore Winnicki

Commissioner

Yvette E. Hartsfield

Deputy Commissioner

Steve Sansone

Director of Maintenance

Gino Pugliese

Director of Recreation

Jennifer Villa Kearins

Recreation Supervisors

Lisa McKay Harris Tara N. Conte

Frank Cardone Andrea Velazquez

Marian Marji Jose I. Alvarado

E.J. MURRAY MEMORIAL SKATING CENTER

Rink Manager, Denis McKiernan

Assistant Rink Manager, Patricia Urban

YONKERS ANIMAL SHELTER

Animal Control Officer

Almira Simpson

Deputy Animal Control Officer

Marcos Segarra

COYNE PARK RIFLE RANGE

Range Officer, Christopher Rotolo



register.communitypass.net/yonkers

ONLINE REGISTRATION BEGINS:

- Pre-K Recreation
 - Youth Recreation
 - Teen Recreation
 - Adult Recreation
- } **Wednesday, September 9
at 8:00 pm**

- **Aquatics : Thursday, September 17 at 7:00 pm**

* Swim Placement (Water Testing): **Wednesday, September 16, 6:00 - 8:00 pm**
and will take place at the Mark Twain Pool

If your child has not been in our program, you **MUST** bring them to Water Testing for correct placement in our Level classes, unless you know that they should be in Level 1.

Swim Placement (Water Testing) is **not** required for Parent & Tot, Water Sprites, or Adults Classes

- Project Friendship: to register call 377-6438 for an appointment
- Registration is not required to attend the Teen Recreation Centers
- Senior Centers and Classes: Registration is ongoing and on a walk-in basis

ONLINE REGISTRATION

Community Pass Registration

Register yourself or your entire family for recreation programs around the clock.

Requirements

You must pay with a Visa, Master Card or a Discover Card, and need a valid email address.

Setting up an Account

Go to <https://register.communitypass.net/yonkers>

Click on: "Create an Account for Your Family Now" and complete the account form.

To add more family members click on:

"Update Your Family Information." At the top of the next page click either "Add Another Child" or "Add Another Adult."

After you have added your family members, click "Home." You will receive an email that contains your log-in info.

ON REGISTRATION DAY

- Step 1** Go to <https://register.communitypass.net/yonkers>
Log in using your user name and password. Select the activity and click on "Register Now."
- Step 2** On the next page update any information for the primary contact and/or click "Continue."
- Step 3** On the next page select the "Group" at left. You can view full information about a program by clicking on the name of the program that appears above the "Register" button or register immediately by clicking on the "Register" button.
- Step 4** On the "Choose Participant" page, click the box next to the person/persons you are registering, then click "Continue."
- Step 5** On the "Registration Forms" page, enter the required information and then click "Continue."
- Step 6** If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If you are not finished, click on "Continue Registering."

Confirmation will be sent via e-mail receipt.



Brochure Updates

Check this page for changes/corrections to previous versions of this brochure.

Pages 17 & 21 - Youth and Teen Theatre classes have a new start date, October 3

Page 18 - Ballet Level 1, correct start date is September 30

Page 22 - Festive Craft Workshop, pricing reflects the cost for 3 classes.

Page 12 - Time with Me is only being offered on Saturdays

Page 23 - Slimmersize with a touch of Zumba Fitness, correct price is \$95 (Resident) and \$120 (Non-resident)
Fitness Express, correct price is \$75 for Non-resident

Page 28 - Level 4 and 5 benchmark requirements clarified.

JFK Marina - Annual and Daily Permits

Now available online

Season begins March 2015 till October 2015

The John F. Kennedy Marina is located off Warburton Avenue at John F. Kennedy Memorial Drive. Boat launching is available from dawn to dusk, seven days a week for an Annual Fee of \$50 for Canoe/Kayak, \$150 for Jet Ski and \$200 for Motorized Boat. You can obtain an annual permit. We also have day passes they are as follows: \$10.00 for Canoe/Kayak, \$20.00 for Jet Ski and \$30.00 for motorized boats or watercrafts.

Visit our website <https://register.communitypass.net/yonkers>

Permit Division

The Permit Division is responsible for issuing permits for a wide variety of recreational activities.

Indoor Permits are required for all Libraries, Board of Education Facilities and our Community Centers.

- Fall Indoor Permit Applications are available August 1 and due October 1
- Board of Education and Indoor Permit Applications can be obtained by visiting www.yonkersny.gov/parks
- Click on “Special Event Permits” on left side of the screen

Special Events Applications are required for events held at all park facilities. Permits are needed for all tournaments, the turf fields at Tibbetts Brook Park, Fleming and Pelton Fields and the picnic facilities at Redmond Park and the JFK Marina.

- Fall outdoor applications are available August 1 and due September 1.
- Spring and Summer outdoor applications are available on March 2. Spring permit applications are due April 1. Summer permit applications are due on June 1.

Special Events applications can be obtained by visiting www.yonkersny.gov/parks

Click on “Special Events Permits” on the left side of the screen

Wedding Photos: A permit is required to take photographs and videos inside beautiful and historic Untermyer Park, located at 945 North Broadway (see top photo). Applications are available year round.

Mobile Concessions for parks and non-recreational permits are also obtained through this office.

Need more information?

Outdoor Permits:	Lisa McKay Harris at 377-6441
Indoor Permits:	Marian Marji at 377-6444
Wedding Photo Permits:	Dinorah Marshall at 377-6427
Commercial Video & Photo Permits:	Melissa Goldberg at 377-6059
Special Events:	Jennifer Villa Kearins at 377-6436



Special Recreation Events



2015 “Yonkers Classic” Two Round Golf Tournament



Two-round tournament:

October 18 and 25, 2015

\$7 registration fee. Weekend greens fees apply. Call 377-6443 for an application and details

October 18: Dunwoodie Golf Course,
1 Wasylenko Lane

October 25: Sprain Lake Golf Course,
290 East Grassy Sprain Road

Fall Track

Fall track is a cross country style of running

Runners (ages 4-14) compete to complete a course over open terrain.

Saturdays and Sundays at 8:30 am in October

Site: Tibbetts Brook Park, 355 Midland Avenue

Foul Shooting Contest

Boys and Girls – Ages 8 - 13

Monday, November 23, 2015

Yonkers Middle/High School

Pre-Registration required

Applications available October 1

Entry Deadline November 6

Mayor's Basketball Tournament



Application available: December 1, 2015

Deadline for rosters: January 25, 2016

Tournament: February 15-19, 2016

Yonkers Middle/High School

Open to Boys & Girls teams with players 15 years old and younger.

Pre-Registration Required

Free Admission

For more information on the events listed please call 377-6450

Fall Community Events

City of Yonkers Marathon, Half Marathon & 5K

Sunday, October 18, 2015 at 8:00 am

Join us for the 90th year anniversary of the Yonkers Marathon and Half Marathon.

Don't miss this historic race that includes a **new route and a 5K.**

Register online at: theyonkersmarathon.com

For more information or to volunteer at this event please call 377-6436



Yonkers Downtown BID Riverfest

Saturday, September 12, 2015

12:00 - 7:00 pm

Downtown Yonkers

McLean Merchants Fall Festival

Saturday, September 19, 2015

11:00 - 6:00 pm

McLean Avenue

(from Woodlawn Ave. to McCollum Place)



Columbus Day Parade

Sunday, October 4, 2015

Starting at 2:00 pm

Seminary Avenue

(from Yonkers Avenue to Midland Avenue)

Programs at a Glance

PRE-SCHOOLER RECREATION

Frank Cardone 377-6440

Little Learners Pre-K	11
Time with Me	12
Pre-Ballet for Pre-K	12
Parent & Me: Soccer Squirts	14
Parent & Me: Total Sports Squirts	14
Soccer Squirts	13
Total Sports Squirts	13
T-Ball Squirts	14

Andrea Velazquez 377-6439

Star Babies	29
Star Tots	32
Starfish Swim School	29

YOUTH RECREATION

Frank Cardone 377-6440

Acoustic Guitar	16
Advanced Youth Guitar	16
Art 101	15
Baby Sitting Course	15
Ballet Level 1 (ages 6-9)	18
Ballet & Tap	18
Baton & Cheerleading	19
Chess	15
Crafty Kids	15
Hip Hop	18
Jazz	18
Karate	17
Little Cooks	19
Tap & Jazz	18
Tennis	17
Theatre for Kids	17
Voice for Beginners	16
Voice for Intermediates & Teens	16
Zumba® Kids Jr.	16

Andrea Velazquez 377-6439

Synchronized Swimming	32
Yonkers Condors Tsunami Swim Team	33
Water Polo	32
Starfish Swim School	30

TEEN RECREATION

Frank Cardone 377-6440

Acoustic Guitar	21
Advanced Youth & Teen Guitar	21
Baby-Sitting Course	20
Teen Baton & Cheerleading	21
Teen Recreation Centers	20
Teen Theatre	21
Voice for Intermediates & Teens	21

Andrea Velazquez 377-6439

Aqua Zumba & Cardio Aqua Fit	32
Deep H2O Aquacise	32
Synchronized Swimming	32

TEEN RECREATION CONT'D.

Water Polo	32
Yonkers Condors Tsunami Swim Team	33
Starfish Stroke School for Teens	29

ADULT PROGRAMS

Tara Conte 377-6438

Acoustic Guitar	25
Belly Fit	24
Dance Exercise with a touch of Zumba® Fitness	23
Dance Exercise with a touch of Zumba® Toning	23
Festive Craft Workshop	22
Fitness Express	23
Kettleball Playground	24
Morning W.O.N.D.E.R	23
Piloxing Knockout	24
Pound Fitness	24
Slimmersize with a touch of Zumba® Fitness	23
Tennis	25
Vinyasa Yoga 1/2	24
Zumba® Fitness	22

Marian Marji 377-6444

Open Gym Basketball	25
Non Competitive Basketball League	25

Andrea Velazquez 377-6439

Aqua Zumba & Cardio Aqua Fit	32
Deep H2O Aquacise	32
Yonkers Masters Swim Club	33

SENIOR CITIZEN RECREATION

Jose Alvarado 377-6443

Art Classes	44
Bingo	43
Exercise	42
Line Dancing	42
Tai Chi	42
Walking Program	42
Water Color Painting	42
Woodcarving	42
Yoga	42

PROJECT FRIENDSHIP

Tara Conte 377-6438

Art Therapy	35
Bowling	35
Dance Therapy	35
Delightful Dining	35
Fun & Fitness	35
Hero Tennis	35
Music Therapy	35
Pet Therapy	35
Special Olympics	35
Story Telling	35
Teen Fun Social Club	35
Theatre Workshop	35
Yoga	35
Young Adult Club	35

AQUATICS

Andrea Velazquez 377-6439

Cardio Aqua Fit	32
Deep H2O Aquacise	32
Learn to Swim (Developmentally Disabled)	32
Low Impact Aquacise	32
Evening Lap Swim	32
Recreation Open Swim	32
Water Polo	32
Yonkers Masters Swim Club	33
Yonkers Condors Tsunami Swim Team	34
Starfish Stroke School	31
Starfish Swim Clinic	31
Starfish Swim School for Adults	33

OUTDOOR PERMITS

Lisa McKay Harris 377-6441

INDOOR PERMITS

Marian Marji 377-6444

YONKERS ANIMAL SHELTER

377-6730

RIFLE & PISTOL RANGE

377-6488

EJ MURRAY MEMORIAL SKATING CENTER

377-6469

YONKERS PARKS DEPARTMENT

377-6450

Pre-K Recreation

Little Learners 2015-2016

Youngsters 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, social interaction, and cooperation with peers and adult staff. Children learn about shapes, colors, numbers, letters, good manners, days of the week, seasons of the year, our weather, etc.

Requirement: Children must be toilet trained (no diapers or pull-ups) and be three years old by December 31, 2015.

Parents will be required to present a birth certificate and an immunization form.



Morning Programs

Dates: Week of September 21 through early June

Age: 3 - 4 years. See above.

Time: 9:00 - 11:30 am

Fee: Various choices / Fees appear below.

4 Convenient Sites

Bronx River Road Center, 680 Bronx River Road

Teacher: Miss Vickie

Cola Center, 945 North Broadway

Teacher: Miss Caryn

Coyne Park, 777 McLean Avenue

Teacher: Miss Maureen

Will Library, 1500 Central Park Avenue

Teacher: Miss Lucy

Choices at the Cola Center

3 mornings Mon, Tues, Wed Start September 21

Choices at Bronx River Road, Coyne Park, and Will Library

5 mornings Mon - Fri Start September 21

3 mornings Mon, Tues, Wed Start September 21

2 mornings Thur and Fri Start September 24

Fees: Every option is a Great Value

5 mornings: Residents \$1950 Non-residents \$2210

3 mornings: Residents \$1175 Non-residents \$1335

2 mornings: Residents \$ 785 Non-residents \$ 895

Registration:

On-Line Registration begins on Wednesday, Sept. 9 at 8:00 pm. If you have not already done so, we recommend that you immediately create a family account on our Community Pass Registration Service, then be ready to register on September 9 at 8:00 pm. See On-Line Registration details on page 5. Parents who choose to register in person at the Parks Department starting on September 10 at 9:00 am and thereafter, run the risk that there is no space available at their preferred site.

Pre-K Recreation

Time with Me

Teacher: Miss Tabitha

Early childhood educators believe children learn while they play. In this popular class, children ages 12-36 months will enjoy creative play, crafts, singing songs, painting, and dancing. Each child registered must have an adult present; non-registered children are not permitted in the class.

Dates: Five Saturdays, starting on October 3 **NEW**

Age/Time: 18 - 24 months 9:00 - 9:50 am
24 - 30 months 10:00 - 10:50 am
30 - 36 months 11:00 - 11:50 am
(NEW) 12 - 18 months* 12:00 - 12:50 pm

Location: Cola Community Center
945 North Broadway
Inside the entrance to beautiful
Untermeyer Park

Fee: 5 Saturdays \$50 for Residents. Non-residents: \$75



Pre-Ballet for Pre-K

Instructors: Elisa Bonneau and Donna Moynihan

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games. Maximum 10 students per class. Children may register for one class. Elisa will teach on Wednesdays and Fridays at Yonkers Montessori Academy (Mark Twain). Donna will teach on Mondays at P.S. #16. Footwear: Ballet shoes (Girls – pink, Boys – black) with either leather soles or soles with a leather strip/patch. Attire: Dancewear/form-fitting clothes. Girls wear leotards and tights only. No ballet skirts.

Dates: Monday classes starts on September 21
Wednesday classes starts on September 30
Friday classes start on September 25

Days, Ages, and Times at each location:

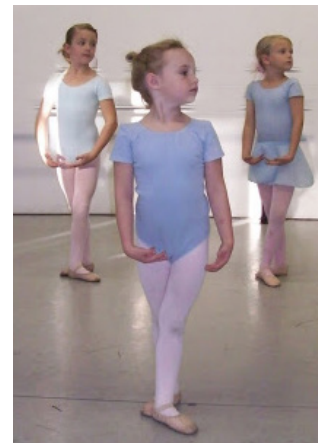
Yonkers Montessori Academy (Mark Twain) opposite 119 Woodlawn Ave.

Wednesdays (with Elisa)
Ages 3 – 4.5 years 4:00 - 4:45 pm
Ages 4.5 – 5 years 4:50 - 5:35pm
Fridays (with Elisa)
Ages 3 – 4.5 years 4:45 - 5:30 pm
Ages 4.5 – 5 years 5:45 - 6:30 pm

P.S. #16, 759 North Broadway, at Roberts Avenue

Mondays (with Donna)
Ages 3 – 4.5 years 4:30 - 5:15 pm
Ages 4.5 – 5 years 5:30 - 6:15 pm

Fees: \$85 for 10 classes. Non-residents \$110.



Pre-K Recreation

Total Sports Squirts

Experience a new sport each week of the program, with Sports Squirts. Participants (ages 3-5) have the opportunity to try Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey, Parachute games and more in a safe, structured environment. For more information and to register directly please visit:

<http://www.ussportsinstitute.com/squirts-home/sports-squirts.html>

Dates: 6 Saturdays, starting on September 19
or
6 Sundays, starting on September 20
(each day requires a separate registration fee)

Time: 2:15 - 3:15 pm

Fee: \$99

Location: Kardash Park
Bretton Road, off Odell Avenue



Soccer Squirts

Often Imitated, Never Duplicated. Soccer Squirts introduces boys and girls (ages 3-5 years) to the “beautiful game.” Soccer Squirts learn the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages. For more information and to register directly please visit:

<http://ussportsinstitute.com/parent-a-me-home/parent-a-me-soccer.html>

Dates: 6 Saturdays, starting on September 19
or
6 Sundays, starting on September 20
(each day requires a separate registration fee)

Time: 3:30 - 4:30 pm

Fee: \$99

Location: Kardash Park
Bretton Road, off Odell Avenue



Registration for the above U.S. Sports Institute programs begins on September 9 at 8:00 pm and closes the evening of September 15th. Register by visiting the specific sport link listed above or www.USSportsinstitute.com. Questions? Please call 732-563-2520.

Pre-K Recreation

T-Ball Squirts

This program is a great way to introduce your young sluggers (ages 3 - 5 years) to the exciting game of baseball! Focusing on the fundamental skills of the game, our progressive T-ball curriculum enables each child to develop their skills and understanding. For more information and to register directly please visit: <http://www.ussportsinstitute.com/squirts-home/t-ball-squirts.html>

Dates: 6 Saturdays, starting on September 19
or
6 Sundays, starting on September 20
(each day requires a separate registration fee)
Time: 4:45 – 5:45 pm
Location: Kardash Park
Bretton Road, off Odell Avenue
Fee: \$99



Parent & Me Total Sports Squirts **NEW**

Ideal for any child just starting out in the world of sport, this program introduces children to a new sport in each session. With a helping hand from Mom or Dad children will have the opportunity to try Soccer, Lacrosse, Basketball, T-Ball, Floor Hockey, and more! For more information and to register please visit: <http://ussportsinstitute.com/parent-a-me-home/parent-a-me-sports.html>

Ages: 2 - 3 years
Date: 6 Saturdays starting on September 19
Time: 10:00 - 10:50 am
Location: Redmond Field
opposite 140 Cook Avenue
Fee: \$99



Parent & Me Soccer Squirts **NEW**

With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages. Each session will focus on maximizing participation and learning through games designed to stimulate a child's imagination and develop motor skills. For more information and to register directly please visit: <http://ussportsinstitute.com/parent-a-me-home/parent-a-me-soccer.html>

Ages: 2 - 3 years
Date: 6 Saturdays starting on September 19
Time: 11:00 - 11:50 am
Location: Redmond Field
opposite 140 Cook Avenue
Fee: \$99

Registration for the above U.S. Sports Institute programs begins on September 9 at 8:00 pm and closes the evening of September 15th. Register by visiting the specific sport link listed above or www.USSportsinstitute.com. Questions? Please call 732-563-2520.

Youth Recreation

Art 101

Instructor: Joanne Motto

Students will learn and become familiar with the basic elements of art: line, shape, color, value, texture, and form and will learn to appreciate art that is around them. Supply fee: \$10 cash is due at first class.

Dates: Saturdays, starting on September 26

Age/Time:	5-7 yrs	9:00 - 10:00 am
	8-9 yrs	10:00 - 11:00 am
	10-12 yrs	11:00 - 12:00 pm

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$85 for 10 classes. Non-residents: \$110

Crafty Kids

Instructor: Brenda J. Freeman

Your child's creative talents will explore the wonderful world of arts and crafts. Projects include sand art, seasonal themes, masks, book themes, and beginning crochet stitching (ages 7-12). Supply fee: \$10 cash is due at first class for all students.

Dates: Saturdays, starting on September 26

Age/Time:	10-12 yrs	9:00 - 10:00 am
	7-9 yrs	10:00 - 11:00 am
	5-6 yrs	11:00 - 12:00 pm

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$85 for 10 classes. Non-residents: \$110



Chess

Instructor: Victor Mairena

Students become familiar with the board, pieces, notation, how the pieces move, opening & defense at all levels. Chess teaches children strategies and how to live by them.

Dates: Saturdays, starting on September 26

Ages:	5-12 yrs
Time:	Beginner 9:00 - 10:00 am
	Intermediate 10:00 - 11:00 am
	Advanced 11:00 - 12:00 pm



Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$85 for 10 classes. Non-residents: \$110

American Red Cross Certified Baby-Sitting Training

Instructor: Tabitha Alston

One Day Course

The American Red Cross and Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A "Course Completion Certificate" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook, CD-ROM, and Emergency Reference Guide. A bagged lunch is permitted. Requirements: Students must be 11-15 years of age at time of registration and MUST pre-register for this course according to the schedule below. Each student must bring a baby doll.

Parents: Please arrive at 8:45 am so the class can start on time.

Dates: One Day Course - Saturday
November 7; Must register by October 27
December 5; Must register by November 22

Ages: 11-15 yrs

Time: 9:00 - 4:30 pm

Location: Nodine Hill Center
140 Fillmore Strret
Inside the Fleming Field parking lot

Registration Fee: \$47 for everyone

Supply Fee: \$27 for A.R.C supplies noted above.
(cash only, to instructor at class)

Youth Recreation

Voice for Beginners

Instructor: Wendy Mitchell

Enjoy learning the basics of vocal technique and performance. Our instructor is a classically trained singer who also has experience in musical theatre. Supply fee: \$5 cash due at first class for personal CD with accompaniment.

Dates: Saturdays, starting on September 26
Age: 8 - 12 yrs
Time: 10:00 - 10:55 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Voice for Intermediates & Teens

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners class or have other singing experience plus Teens with or without experience. Our instructor is a classically trained singer who also has experience in musical theatre. Supply fee: \$5 cash due at first class for personal CD with accompaniment.

Dates: Saturdays, starting on September 26
Age / Time: 8 - 17 yrs 11:00 - 11:55 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Zumba® Kids Jr.

Instructor: Angela Alvarez Hultberg

Kids get the chance to socialize, make new friends, and jam-out to their favorite music. We add games, activities, and cultural exploration, all of which strengthen teamwork, confidence, self-esteem, memory, creativity, and coordination.

Dates: Saturdays, starting on September 26
Age/Time: 5 - 8 yrs 9:45 - 10:30 am
Location: Yonkers Montessori Academy (Mark Twain),
opposite 119 Woodlawn Avenue
Fee: \$85 for 10 classes. Non-residents: \$110

Acoustic Guitar

Instructor: Tom Flammia

Learn the basics from chords and simple strumming to melodies and reading music. Maximum 10 students. Extra cash fee at second class for instruction book. Beginners Plus is for students who have taken this class or have other experience and are able to read music notes. Bring your own guitar. **Beginner Teens - See page 21.**

Dates: Saturdays, starting on September 26
Age/Time: 10-12 yrs Beginners 9:00 - 10:00 am
10-12 yrs Beginner Plus 10:00 - 11:00 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Advanced Youth & Teen Guitar

Instructor: Tom Flammia

This is not a class for beginners. No "tabs." Expand your skills in chords, rhythms, melodies, and reading for use in diverse playing styles. Bring your own acoustic or electric guitar. Maximum 10 students. Extra cash fee at second class for instruction book.

Dates: Mondays, starting on September 21
Ages: 12-17 yrs
Time: 7:00 - 8:00 pm
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110



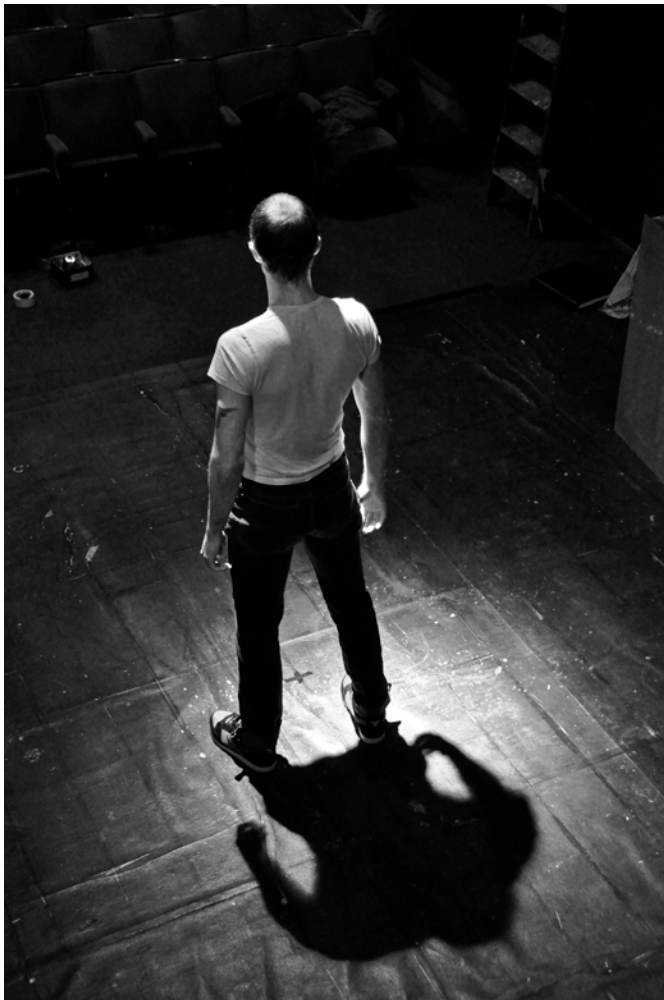
Youth Recreation

Theatre for Kids

Instructor: Chris Arena

An introduction to stage-craft and the performance arts. Instruction includes: theatre games, teamwork, and cooperative - listening exercises. Children will learn and gain confidence in a fun and well structured environment.

Dates: Saturdays, starting on October 3
Age/Time: 8-11 yrs 9:00 - 10:00 am
12-17 yrs 10:00 - 11:00 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110



Karate

Instructor: Trent Perri

Self-defense movements for mental, physical, and emotional control of the body and mind are taught. Students should wear comfortable clothes and must wear sneakers. Students (all ages) who have taken this class before should register for the 11:00 am class. Supply fee: \$10 cash due at the first class is required of returning students for yellow belt and belt certificate.

Dates: Saturdays, starting on September 26
Age/Time:
Beginners 8 - 12 yrs 9:00 - 10:00 am
Beginners 5 - 7 yrs 10:00 - 11:00 am
Beg/Returning 5-12 yrs 11:00 - 12:00 pm
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Tennis

Instructor: Cliff Hackford

This is an indoor class for beginners in a comfortable, socially-friendly environment. Basic instruction in proper grip, forehand, backhand, serving, volleying, scoring, rules, and tennis etiquette. Wear sneakers and bring a tennis racquet.

Dates: Saturdays, starting on September 26.
Age/Time: 5- 6 yrs 9:00 - 10:00 am
10-12 yrs 10:00 - 11:00 am
7- 9 yrs 11:00 - 12:00 pm
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Youth Recreation

Hip Hop

Instructor: Elisa Bonneau

Beginners learn the hottest dance moves in an upbeat, energetic, and disciplined environment. Be sure to wear sneakers and loose clothing.

Dates: Saturdays, starting on September 26
 Age: 10-12 yrs
 Time: 12:00 - 1:00 pm
 Location: Roosevelt High School
 631 Tuckahoe Road
 Fee: \$85 for 10 classes. Non-residents: \$110

Ballet & Tap

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation, and vocabulary while building self-esteem. Time is spent equally dancing ballet and tap. For students with or without experience. Footwear: Ballet shoes (Girls – pink, Boys – black) with either leather soles or soles with a leather strip/patch. Everyone needs tap shoes. Attire: Girls wear any color long or short-sleeve leotard, pink footed tights. No ballet skirts. Boys wear white T-shirt, boy's black tights.

Dates: Saturdays, starting on September 26
 Age: 5-7 yrs
 Time: 9:00 - 10:00 am
 Location: Roosevelt High School
 631 Tuckahoe Road
 Fee: \$85 for 10 classes. Non-residents: \$110

Jazz **NEW**

Instructor: Elisa Bonneau

This jazz class is a combination of Broadway and contemporary styles. A basic, beginner level class for students with some, little, or no experience. Students who have previously taken Elisa's Tap & Jazz class and are now 8-12 years old will enjoy this class. Attire: Girls wear black jazz shoes and dance tops with leggings or jazz pants. Boys wear black jazz shoes, plain T-shirt (any color), and black pants or shorts.

Dates: Saturdays, starting on September 26
 Age: 8-12 yrs
 Time: 11:00 - 12:00 pm
 Location: Roosevelt High School
 631 Tuckahoe Road
 Fee: \$85 for 10 classes. Non-residents: \$110

Tap & Jazz

Instructor: Elisa Bonneau

Traditional tap and jazz mixed with a Broadway style. Great for children who enjoy dancing! For students with or without experience. Footwear: Tap shoes plus jazz or ballet shoes (See Ballet & Tap class at left). Attire: Girls wear any color leotard with tights and leggings. No skirts. Boys wear T-Shirt and workout pants.

Dates: Saturdays, starting on September 26
 Age: 5 - 7 yrs
 Time: 10:00 - 11:00 am
 Location: Roosevelt High School
 631 Tuckahoe Road
 Fee: \$85 for 10 classes. Non-residents: \$110

Ballet, Level 1

Instructor: Elisa Bonneau

Vaganova (Russian) technique. This class teaches basic ballet technique, music appreciation and vocabulary while building self-esteem. For students with or without experience. Footwear: Ballet shoes (See Ballet & Tap class at left). Attire: Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts. Boys wear white T-shirt and boy's black tights.

Dates: Wednesdays, starting on September 30
 Age: 6-9 yrs
 Time: 5:45- 6:30 pm
 Location: Yonkers Montessori Academy
 (Mark Twain) Auditorium
 opposite 119 Woodlawn Avenue
 Fee: \$85 for 10 classes. Non-residents: \$110



Youth Recreation

Little Cooks

Instructor: Brenda J. Freeman

These future chefs will enjoy hands-on food preparation while learning how to read and understand recipes. After school snacks such as English muffin pizza, tuna pinwheel bites, a vegetable fried rice dish, and cookies will give children an understanding of healthy and fun foods. Chefs ages 10 - 12 will also focus on reading measurements and weights, exploring the effect of different cooking temperatures on foods, and expanding their culinary vocabulary. Maximum 10 students in each class. Supply fee: \$15 is due at the first class. Please also bring an apron, smock or over-sized T-shirt to protect clothing. Hair must be tied or pinned back.

Please call 377-6440 after registering to make us aware of any food allergies your child has.

Ages: 7 - 9 yrs

Time: 4:00 - 5:30 pm

Dates: Wednesdays, starting on September 30
or Fridays, starting on October 2

Ages: 10 - 12 yrs

Time: 4:00 - 5:30 pm

NEW

Dates: Thursdays, starting on October 1

Site: P.S. #16 (original large building)
759 North Broadway, at Roberts Avenue

Fee: \$95 for 8 classes. Non-residents: \$120

This is a 90 minute class, unlike our other youth classes that are no more than 60 minutes

Baton & Cheerleading

New Instructor: Toni Ann DiMondo

Beginners

Learn baton twirling, cheerleading movements, and exciting routines! A \$20 fee at the first class is required of new students for their baton and certificate. Older returning students who have either outgrown or misplaced their equipment will be required to purchase new items. We will march in several Memorial Day parades. Uniforms are required to participate in these parades. Additional fee for uniform to be determined in February.

Baton II

This class is for returning students who have taken this class for 6 sessions (3 years) or more. In this performance class, students will learn new and review previous routines and cheers for public performances.

Supply Fee: A \$20 cash fee at the first class is required of new students for their baton and certificate.

Dates: Saturdays, starting on September 26

Beginners: 5-7 yrs 9:00 am - 10:00 am

Beginners: 8-12 yrs 10:00 am - 11:00 am

Baton II: 8-17 yrs 11:00 am - 12:00 pm

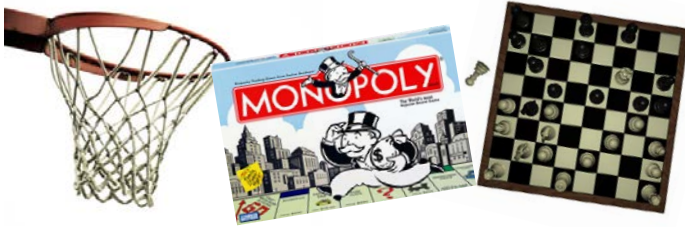
Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$85 for 10 classes. Non-residents: \$110

See registration details on page 5

Teen Recreation

Teen Recreation Centers



A free drop-in recreation program for Yonkers residents 13 - 17 years of age.

Participants have the opportunity to take part in basketball and board games while socializing in a safe, well staffed environment.

Monday, Nov. 23, 2015 through Friday, March 25, 2016.

Week Nights: 6:30 pm - 8:00 pm

Saturdays: 3:00 pm - 5:00 pm

Mondays

Dodson School, 105 Avondale Road
School 22, 1408 Nepperhan Ave.

Tuesdays

School 13, 195 McLean Ave.

Wednesdays

School 25, 579 Warburton Ave.

Thursdays

Enrico Fermi School, 27 Poplar Street
Hostos School, 75 Morris Street
Cross Hill Academy, 160 Bolmer Avenue

Fridays

School 13, 195 McLean Ave.
Cross Hill Academy, 160 Bolmer Ave.
Enrico Fermi School, 27 Poplar Street
Hostos School, 75 Morris Street
Yonkers H.S., 150 Rockland Avenue

Saturdays

School 13, 195 McLean Ave.
School 25, 579 Warburton Ave
Dodson School, 105 Avondale Road
Enrico Fermi School, 27 Poplar Street
Hostos School, 75 Morris Street

Baby Sitting Course

American Red Cross Certified Baby-Sitting Training

Instructor: Tabitha Alston

One Day Course

Age/Time: 11-15 yrs 9:00 - 4:30 pm

The American Red Cross and the Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A "Course Completion Certificate" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook, CD-ROM, and Emergency Reference Guide. A bagged lunch is permitted. Requirements: Students must be 11-15 years of age at time of registration and MUST pre-register for this course according to the schedule below. Each student must bring a baby doll.

Parents: Please arrive at 8:45 am, so the class can start on time.

Dates: One Day Course - Saturday
November 7; Must register by October 27
December 5; Must register by November 22

Ages: 11-15 yrs

Time: 9:00 - 4:30 pm

Location: Nodine Hill Center
140 Fillmore Street

Inside the Fleming Field parking lot

Registration Fee: \$47 for everyone

Supply Fee: \$27 for A.R.C supplies noted above.
(cash only, to instructor at class)

See registration details on page 5



Teen Recreation

Acoustic Guitar

Instructor: Tom Flammia

Learn the basics from chords and simple strumming to melodies and reading music. Beginners Plus is for students who have taken this class or have other experience and must be able to read music notes. Bring your own guitar. Maximum 10 students per class. Extra cash fee due at second class for instruction book.

Dates: Saturdays, starting on September 26
Ages: 13 - 15 yrs
Beginner: 11:15 - 12:15 pm
Beginner Plus: 12:15 - 1:15 pm
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Advanced Youth & Teen Guitar

Instructor: Tom Flammia

No "tabs." Expand your skills in chords, rhythms, melodies, and reading for use in diverse playing styles. Bring your own acoustic or electric guitar. Maximum 10 students. Extra cash fee due at second class for instruction book.

Dates: Mondays, starting on September 21
Ages: 12-17 yrs
Time: 7:00 - 8:00 pm
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Voice for Intermediates & Teens

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners class or have other singing experience plus Teens with or without experience. Our instructor is a classically trained singer who also has experience in musical theatre. Supply fee: \$5 cash due at first class for personal CD with accompaniment.

Dates: Saturdays, starting on September 26
Ages: 8 - 17 yrs
Time: 11:00 - 11:55 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Teen Theatre

Instructor: Christopher Arena

Learn how to create and build a character through improvisation and theatre games. Students are encouraged to recognize and accept themselves as unique individuals through exercises dealing with modern social issues such as bullying, equality and tolerance.

Dates: Saturdays, starting on October 3
Ages: 12 - 17 yrs
Time: 10:00 - 11:00 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Teen Baton & Cheerleading

New Instructor: Toni Ann DiMondo

Baton II

This class is for returning students who have taken this class for 6 sessions (3 years) or more. In this performance class, students will review previous routines and learn new twirls and cheers for public performances. Uniforms are required to participate in Memorial Day parades. Additional fee for uniform to be determined in February.

Dates: Saturdays, starting on September 26
Ages: 8 - 17 yrs
Time: 11:00 - 12:00 pm
Location: Roosevelt High School
631 Tuckahoe Road
Fee: \$85 for 10 classes. Non-residents: \$110

Adult Recreation

Festive Craft Workshop **NEW**

Come enjoy a fantastic and new craft experience! Our instructor, Ms. Brenda J. Freeman, has an extensive background in Art. There will be a series of three classes, one per month beginning in October.

Time: 5:00 - 6:30 pm

Dates: Oct. 6, Nov. 10, and Dec. 8

Fee: \$35 for 3 classes. Non-residents: \$50

Location: Cola Center, 945 North Broadway
Inside entrance to beautiful Untermyer Park



Zumba® Fitness - Evening

Instructor: Angela Alvarez Hultberg

Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. Bring water and a towel.

Time: 6:45 - 7:45 pm

Dates: Mondays, starting on September 21

Fee: \$95 for 10 classes. Non-residents: \$120

Location: Yonkers Montessori Academy (Mark Twain)
opposite 119 Woodlawn Avenue



Zumba® Fitness - Morning

Instructor: Angela Alvarez Hultberg

Time: 10:45 - 11:45 am

Dates: Saturdays, starting on September 26

Fee: \$95 for 10 classes. Non-residents: \$120

Location: Yonkers Montessori Academy (Mark Twain)
opposite 119 Woodlawn Avenue

**Children also
like Zumba®**

**See
Zumba® Kids Jr.
on page 16**



Adult Recreation

Slimmersize with a touch of Zumba® Fitness

Instructor: Lydia M. Otero

SlimFit with a twist! ½ hour Zumba and ½ hour Exercises. Tone by using Resistance Tubing and weights. Come join this combination of fitness and get to your “**slimmer size**”! Requirements: Please bring 2-5lb weights and a mat or towel.

Dates: Thursdays, starting on September 24
Time: 6:30 - 7:30 pm
Location: Coyne Park Center
777 McLean Avenue
Fee: \$95 for 12 classes. Non-residents: \$120

Fitness Express 15 Minutes Zumba® Fitness & 15 Minutes Strength Training

Instructor: Lydia M. Otero

Get SlimFit.... Slim with a Touch of Zumba® Fitness, Fit with Strength Training exercises (squats, lunges, and arm work). Bring your own weights.

Dates: Mondays, starting on September 21
Time: 6:30 - 7:00 pm
Location: Coyne Park Center
777 McLean Avenue
Fee: \$50 for 10 classes. Non-residents: \$75



Dance Exercise with a touch of Zumba® Fitness

Instructor: Diane Capurso

This is dance fitness with lots of fun. Some light kick boxing, line dancing, and weights will be used. Also infused into this cardio dance combo is the Latin/International rhythms and dance steps of Zumba. Bring a light volleyball size ball, mat or towel, and 1-5 lb weights.

Dates: Wednesdays, starting on September 16
Time: 7:15 - 8:35 pm
Location: Cola Center
945 North Broadway
Inside entrance to beautiful Untermyer Park
Fee: \$95 for 10 classes. Non-residents: \$120

Dance Exercise with a touch of Zumba® Toning

Instructor: Diane Capurso

This class will have you movin' and groovin' to various styles of dance and even incorporates light body boxing and weight control using aerobic exercise and creative dance movements. With a touch of Zumba Toning you'll have a blast working your muscles while your body hustles! Bring a mat or towel and 1-5 lb weights or toning sticks.

Dates: Wednesdays, starting on September 16
Time: 5:45 - 7:00 pm
Location: Cola Center
945 North Broadway
Inside entrance to beautiful Untermyer Park
Fee: \$95 for 10 classes. Non-residents: \$120

Morning W.O.N.D.E.R. with a touch of Zumba® Gold

Instructor: Diane Capurso

Women of New Dance Energy & Rhythm class wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music, and with a touch of Zumba Gold, you'll have a blast while feeling fit fast! Bring a volleyball-size ball, mat or towel, and 1-5 lb weights.

Dates: Fridays starting on September 18
Time: 9:15 - 10:15 am
Location: Cola Center
945 North Broadway
Inside entrance to beautiful Untermyer Park
Fee: \$95 for 10 classes. Non-residents: \$120

Adult Recreation

Belly Fit

Instructor: Sadari Neville

This dynamic class is geared towards women of all fitness levels and will help improve cardiovascular and muscular fitness, core strength and stability, and posture, while teaching the ancient art of belly dance.

Dates: Thursdays, starting on September 24
Time: 7:20 - 8:20 pm
Location: Cola Center, 945 North Broadway
Inside entrance to beautiful Untermyer Park
Fee: \$95 for 10 classes. Non-residents: \$120

POUND: Rockout.Workout.™ **NEW**

Instructor: Nancy Garcia-Rashkow

Come register for a full-body cardio jam session, combining light resistance with constant simulated drumming. This workout fuses Cardio, Pilates, Isometric Movements, Plyometrics, and Isometric Poses.

Dates: Mondays, starting on September 21
Time: 7:30 - 8:30 pm
Location: Roosevelt High School Cafeteria
631 Tuckahoe Road
Fee: \$95 for 10 classes. Non-residents: \$120

Kettlebell Playground

Instructor: Sadari Neville

Kettlebell Playground will kick your fitness routine into high gear. Utilizing kettlebell movements, battling ropes, jump ropes, etc. This balanced workout will challenge adults of all fitness levels. Kettleballs provided for class. Requirements: Exercise mat and a towel.

Dates: Thursdays, starting on September 24
Time: 6:15 - 7:05 pm
Location: Cola Center, 945 North Broadway
Inside entrance to beautiful Untermyer Park
Fee: \$95 for 10 classes. Non-residents: \$120

Vinyasa Yoga Level 1/2

Instructor: Violaine Herlitz

Yoga practices that coordinate breath and movement into a series of poses followed by a soothing deep relaxation. Focuses on proper body alignment, and stretches and strengthens the entire body. De-stress, restore, calm, rejuvenate and support mind-body-spirit well-being. Safe and non-competitive environment. Teacher offers modification or alternatives. Requirement: mat, blankets and pillows as needed for support and comfort.

Dates: Wednesdays starting on September 30
Time: 6:45 - 8:00 pm
Location: Coyne Park Center, 777 McLean Avenue
Fee: \$95 for 10 classes. Non-residents: \$120



PILOXING® Knockout **NEW**

Instructor: Nancy Garcia-Rashkow

Join us for a high intensity, sport influenced total body workout. This workout involves kickboxing moves, plyometric moves, sport conditioning and functional training that will help you conquer obstacles and achieve a level of fitness you never knew you were capable of.

Time: 7:30 - 8:30 pm
Dates: Wednesdays starting on September 30
Location: Roosevelt High School Cafeteria
631 Tuckahoe Road
Fee: \$95 for 10 classes. Non-residents: \$120

Adult Recreation

Tennis

Instructor: Cliff Hackford

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes. Requirements: Wear sneakers and bring a tennis racquet.

Dates: Wednesdays, starting on September 30

Level / Time: Beginner 7:15 - 8:30 pm

Intermediate 8:30 - 9:45 pm

Location: Cross Hill Academy
(formerly Emerson Middle School),
Use rear entrance driveway,
off western end of Odell Avenue

Fee: \$95 for 10 classes. Non-residents: \$120



Acoustic Guitar

Instructor: Tom Flammia

An introduction to Acoustic Guitar for absolute beginners (no experience) and for players with limited experience. Learn to read and play basic notation, melodies, rhythm, and chords. Students must provide their own acoustic guitars. Maximum 10 students. Extra cash fee due at second class for instruction book.

Dates: Mondays, starting on September 21,

Time: 8:05 - 9:05 pm

Location: Roosevelt High School music room,
631 Tuckahoe Road

Fee: \$95 for 10 classes. Non-residents: \$120



Adult Open Gym Basketball

December 2, 2015 through March 24, 2016

The Yonkers Department of Parks, Recreation & Conservation, offers a drop in open gym basketball program for Yonkers residents 18 years of age and older every Monday at Montessori Academy located at 160 Woodlawn Avenue and every Wednesday and Thursday at Yonkers High School located at 150 Rockland Avenue. Call 377-6444 for further details.

Adult Non-Competitive Basketball League

December 1, 2015 through March 23, 2016

Teams consisting of Yonkers residents can play organized games in one of two leagues offered at Yonkers High School on Tuesday or Gorton High School on Wednesday. There are no awards in this league as all teams play for enjoyment and exercise aspects only. Games are played at 7:00 pm & 8:15 pm. \$120 per team. For further information or to request a roster and rules, please call 377-6444.



Fall Aquatics 2015

What is Starfish Swimming®?

The Mark Twain Pool and the Yonkers Department of Parks, Recreation and Conservation are an approved Training Center for the Starfish Aquatics Institute and an Authorized Provider for StarGuard™ and StarFish Swimming™. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at www.starfishaquatics.org.

The Starfish Swimming curriculum is designed for student's ages 6 months to adult. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

Inside this guide, you will find the curriculum used in the StarBabies™ / StarTots™ (ages 6 months to 36 months), Starfish Swim School® (ages 3 and up), and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

The Starfish Swimming logo, Starfish Swimming word mark, and Starfish Swim School word mark are registered trademarks of SAI. The StarBabies, StarTots, and Starfish Stroke School word marks are trademarks of SAI.

What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons.



The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating, and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do everything they are doing in swim lessons. Just give them the opportunity to get wet, splash around, and explore the water on their own terms.

But remember: Supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water!



Fall Aquatics 2015

StarBabies™ and StarTots™

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.

Stage White: Trust and Comfort

Safety Skill: Understand constant and dedicated surveillance.

Swim Skill: Parent and child are relaxed, confident, and enjoy being in the water together.

Stage Red: Body Positions

Safety Skill: Fit and properly put a lifejacket on the child.

Swim Skill: Perform a relaxed front, back, vertical, and side position for at least 5 seconds each.

Stage Yellow: Submersion

Safety Skill: Use flotation to help someone in the water and know how to call 911.

Swim Skill: Enter from the wall, submerge, turn around, grab on to the wall, and pull up (assisted).

Stage Blue: Air Recovery and Rollover

Safety Skill: Identify six methods of preventing recreational water illness.

Swim Skill: Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.

Stage Green: Forward Movement

Safety Skill: Know about infant and child CPR.

Swim Skill: Move through the water independently 10 feet, with or without flotation.

Starfish Swim School®

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

Stage White: Trust and Submersion

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Assisted submersion, relaxed, 5 seconds and then come up to breathe.

Stage Red: Body Position and Air Recovery

Safety Skill: Put on a lifejacket, float on back, kick 20 feet.

Swim Skill: Jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

Stage Yellow: Submersion

Safety Skill: Reach or Throw (Don't Go) and know how to call 911.

Swim Skill: Jump in, submerge; recover for air, forward movement 10 feet, change direction, and return to wall in swimwear and in regular clothes.

Stage Blue: Body Rotation

Safety Skill: Tread water 15 seconds.

Swim Skill: Jump in, submerge, recover to side glide position and kick 10 feet.

Stage Green: Integrated Movement

Safety Skill: Survival float and tread water for 30 seconds.

Swim Skill: Start in side glide, swim freestyle 30 feet with 1-2-3 breath pattern.

Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more!

Stage White: Freestyle, Introduction to Backstroke

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Swim freestyle 30 feet with body stretched out and consistent form; swim 30 feet of triple-switch backstroke.

Stage Red: Backstroke, Introduction to Butterfly

Safety Skill: Put on a lifejacket from in the water, kick 30 feet.

Swim Skill: Swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 15 feet.

Stage Yellow: Butterfly

Safety Skill: Scenario assist and know when and how to call 911.

Swim Skill: Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle.

Stage Blue: Breaststroke

Safety Skill: Discuss the Starfish safety concepts.

Swim Skill: Swim 30 feet breaststroke with good timing and extension.

Stage Green: Endurance

Safety Skill: Tread water or survival float for 2 minutes.

Swim Skill: Swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 50 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

The Starfish Swimming® skills included in this guide are proprietary information of SAI and cannot be copied or reproduced.

Fall Aquatics 2015



Yonkers Parks, Recreation and Conservation

STARFISH SWIM SCHOOL

SWIM LEVEL COMPARISON CHART

The Mark Twain Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider for Starguard™ & Starfish Swimming™



If your child was in

**Parks and Recreation
Swim Skill Levels**

Parent & Tot

Water Sprites

Level 1 / Starfish

Level 2 / Sunfish

Level 3A / Stingray

Level 3B / Stingray

Level 4A

Level 4B

Level 5A

Level 5B

Competitive
Swim Clinic

Teen LTS

Adult LTS

Your child will now be in

**Starfish Swim / Stroke School
Skill Levels**

StarBabies

StarTots

*White / Red – Swim School

*Yellow – Swim School

*Blue – Swim School

Green – Swim School

(Must pass W/R/Y/B Swim benchmarks in order to register)

White– Stroke School

(Must pass ALL Swim School benchmarks in order to register)

Red – Stroke School

(Must pass W Stroke benchmarks in order to register)

Yellow –Stroke School

(Must pass W/R Stroke benchmarks in order to register)

Blue– Stroke School

(Must pass W/R/Y Stroke benchmarks in order to register)

*Green - Stroke School

(Must pass W/R/Y/B Stroke benchmarks in order to register)

*Starfish Swim Clinic


*Students have achieved the Green Stroke benchmarks

Starfish Swim / Stroke School for Teens

Starfish Swim / Stroke School for Adults

All participants **MUST PASS EACH COLOR LEVEL** before moving on to next level.

Fall Aquatics 2015

Core Skill Achievement Stages					Specialty Courses		
White	Red	Yellow	Blue	Green		Stroke School	Starfish Swim Clinic
<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>		<i>If the student...</i>	<i>If the student...</i>
Is afraid of water...	Can't swim without support but loves the water...	Is not afraid...	Can swim underwater or on the surface, and can get an occasional breath...	Can tread water for at least 15 seconds...		Has achieved a GREEN Starfish Swim School Award Patch	Can swim 25 yards freestyle with side breathing...
Can't swim at all....	Will get face wet...	Can float on front and back...		Can swim freestyle with rotary (side) breathing...		and	Needs to build endurance...
Will not get face wet....	Will jump in...	Can jump in and return to surface...				Needs to learn or refine backstroke, breaststroke, butterfly	and wants to learn turns, starts, and swim team training techniques...
SIGN UP FOR WHITE GROUP	SIGN UP FOR RED GROUP	SIGN UP FOR YELLOW GROUP	SIGN UP FOR BLUE GROUP	SIGN UP FOR GREEN GROUP		SIGN UP FOR STROKE SCHOOL	SIGN UP FOR STARFISH SWIM CLINIC

StarBabies™ (Adult and Infant ages 6 months – 18 months)

Days: 8 Fridays, starting on September 25
 Time: 6:15 – 6:45 pm
 Location: Mark Twain Pool, 160 Woodlawn Avenue
 Fee: Residents: \$99, Non-residents: \$124

StarTots™ (Adult and Toddler ages 18 months – 48 months)

Days: 8 Fridays, starting on September 25
 Time: 6:45 – 7:15 pm
 Location: Mark Twain Pool, 160 Woodlawn Avenue
 Fee: Residents: \$99, Non-residents: \$124

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

Starfish Swim / Stroke School® for Teens (Ages 13 -17)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning. Stroke School will teach / refine all four competitive strokes.

Days: 8 Saturdays, starting on September 19
 Time: 10:15-11:00 am
 Location: Mark Twain Pool, 160 Woodlawn Avenue
 Fee: Residents: \$109, Non-residents: \$134

Learn To Swim for the Developmentally Challenged

Enjoy half hour of interactive swim with low staff to participant ratio. This program is designed for the developmentally disabled population. If child needs a one on one ratio, parent is required to accompany child in water.

Ages: 5 - 16 years old
 Dates: 8 Saturdays, starting on September 19
 Time: 12:00 -12:30 pm
 Location: Yonkers Avenue Pool, 48 Yonkers Avenue
 Fee: Residents: \$109, Non-residents: \$134

Starfish Swim School® for Preschoolers (Ages 3 – 5)

Designed to meet the needs of children ages 3 to 5, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

Days: 8 Saturdays, starting on September 19 or
 8 Wednesdays, starting on September 30
 Time: Sat 9:45-10:15 am / Wed. 6:05-6:35 pm
 Location: Mark Twain Pool, 160 Woodlawn Avenue
 Fee: Residents: \$109, Non-residents: \$134

Days: 8 Saturdays, starting on September 19 (Ages 3-5) or
 8 Fridays, starting on September 25 (Ages 3-5)
 Time: Sat. 9:15-9:45 am or 9:45-10:15 am / Fri. 4:00-4:30 pm
 Location: Yonkers Avenue Pool, 48 Yonkers Avenue

Fall Aquatics 2015

The Mark Twain Pool / Yonkers Avenue Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider for Starguard™ & Starfish Swimming™

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White / Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes.

Please look at class description online for start date.

Swim Placement: Wednesday, September 16, 6:00 - 8:00 pm


Online Registration: Thursday, September 17, 7:00 pm, <https://register.communitypass.net/yonkers>



Starfish Swim School® for Youth (Ages 5 – 12)

Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green.

Fee: Residents: \$109, Non-resident: \$134

Core Skill Achievement Stages					Specialty Courses		
White	Red	Yellow	Blue	Green		Stroke School	Starfish Swim Clinic
<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>		<i>If the student...</i>	<i>If the student...</i>
Is afraid of water...	Can't swim without support but loves the water...	Is not afraid...	Can swim underwater or on the surface, and can get an occasional breath...	Can tread water for at least 15 seconds...		Has achieved a GREEN Starfish Swim School Award Patch	Can swim 25 yards freestyle with side breathing...
Can't swim at all....	Will get face wet...	Can float on front and back...		Can swim freestyle with rotary (side) breathing...		and	Needs to build endurance...
Will not get face wet....	Will jump in...	Can jump in and return to surface...				Needs to learn or refine backstroke, breaststroke, butterfly	and wants to learn turns, starts, and swim team training techniques...
SIGN UP FOR WHITE GROUP	SIGN UP FOR RED GROUP	SIGN UP FOR YELLOW GROUP	SIGN UP FOR BLUE GROUP	SIGN UP FOR GREEN GROUP		SIGN UP FOR STROKE SCHOOL	SIGN UP FOR STARFISH SWIM CLINIC

WHITE / RED

Mark Twain Pool

Monday

6:05-6:35 pm

Tuesday

6:05-6:35 pm

Wednesday

6:35-7:05 pm

Thursday

6:05-6:35 pm

Saturday

9:15-9:45 am

Yonkers Ave Pool

Friday

W 4:30-5:00 pm

R 5:00-5:30 pm

Saturday

5:15- 10:45 am

YELLOW

Mark Twain Pool

Monday

6:35-7:05 pm

Tuesday

6:35-7:05 pm

Wednesday

7:05-7:35 pm

Thursday

6:35-7:05 pm

Saturday

9:45-10:15 am

Yonkers Ave Pool

Friday

5:30-6:00 pm

Saturday

10:45-11:15 am

BLUE

Mark Twain Pool

Monday

7:05-7:50 pm

Tuesday

7:05-7:50 pm

Wednesday

7:05-7:50 pm

Thursday

7:05-7:50 pm

Yonkers Ave Pool

Saturday

11:15am-12:00 pm

GREEN

Mark Twain Pool

Monday

7:05-7:50 pm

Tuesday

7:05-7:50 pm

Wednesday

7:05-7:50 pm

Thursday

7:05-7:50 pm

Yonkers Ave Pool

Saturday

11:15am-12:00 pm

Fall Aquatics 2015

Starfish Stroke School®

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance. Stages are as follows: White, Red, Yellow, Blue, and Green. Please look at class description on registration website for start dates.

Location: Mark Twain Pool, 160 Woodlawn Avenue

Fee: Residents: \$109, Non-residents: \$134

Specialty Courses		
	Stroke School	Starfish Swim Clinic
	<i>If the student...</i>	<i>If the student...</i>
	Has achieved a GREEN Starfish Swim School Award Patch	Can swim 25 yards freestyle with side breathing...
	<i>and</i>	Needs to build endurance...
	Needs to learn or refine backstroke, breaststroke, butterfly	<i>and</i> Wants to learn turns, starts, and swim team training techniques...
	SIGN UP FOR STROKE SCHOOL	SIGN UP FOR STARFISH SWIM CLINIC

***White (Freestyle)**
Red (Backstroke)
 *Must pass ALL Swim school benchmarks in order to register

Monday
W 6:15 - 7:00 pm
R 7:05 - 7:50 pm

Tuesday
 6:15-7:00 pm

Wednesday
 7:05 -7:50 pm

Thursday
 7:05-7:50 pm

Saturday
W 9:15-10:00 am
R 10:15-11:00 am

Yellow (Butterfly)
Blue (Breaststroke)
***Green (Endurance)**
 *Must pass **W/R/Y/B** Stroke benchmarks in order to register

Monday
Y 7:05-7:50 pm

Tuesday
 7:05-7:50 pm

Wednesday
Y 6:15-7:00 pm
B 7:05-7:50 pm

Thursday
 6:15-7:00 pm

Saturday
 10:45-11:30 pm

Starfish Swim Clinic™

This course is for students of all ages who have achieved the green Stroke School benchmarks. Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

Days: 8 Saturdays, starting on September 19

Time: 10:45-11:30 am

Location: Mark Twain Pool

Fee: Resident: \$109, Non-resident: \$134



Fall Aquatics 2015

Recreation Open Swim

Open recreation swim. All parents must accompany children in water.

Dates: 8 Fridays, starting on September 25
Time: 7:45-9:30 pm
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Adult \$65 / Child \$35

Evening Lap Swim

Work out or leisure swim at your own pace. Must circle swim if more than two persons in a lane.

Dates: 8 weeks starting on Wednesday, September 21
Times: Mon. / Wed. / Fri. 8:00-9:30 pm
Tues. / Thurs. 8:45-9:45 pm
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$108, Non-residents: \$133

Aqua Zumba® and Cardio Aqua Fit

Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together for a great fun workout. Just add water! Cardio Aqua Fit is an energizing format designed for total body toning and cardiovascular fitness. Be prepared to workout! Water shoes highly recommended.

Dates: 8 Mondays, starting on September 21
Time: 8:00-8:45 pm
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$109, Non-residents: \$134

Deep H2O Aquacise

Enjoy fabulous exercise in deep water with emphasis on lower body. Buoyant / resistance equipment provided or bring your own. You must be comfortable in the deep end of the pool.

Dates: 8 Thursdays, starting on September 24
Time: 8:00-8:45 pm
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$109, Non-residents: \$134

Low Impact Aquacise

Aquatic cardio and strength exercises with emphasis on minimal joint impact. Great class!

Dates: 8 Saturdays, starting on September 19
Times: 9:15-10:15 am
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$109, Non-residents: \$134

Senior Aquacise

Low impact aquacise for the young at heart. Water truly heals the body and soul! Age: 55+

Dates: 8 Saturdays, starting on September 19
Time: 9:15-10:15 am
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$75, Non-residents: \$100

Water Polo

Great opportunity to play water polo! Boys and girls up to age 18 and all skill levels welcome. Must be comfortable in deep water. Learn drills, have fun and be part of an exciting sport right here in Yonkers.

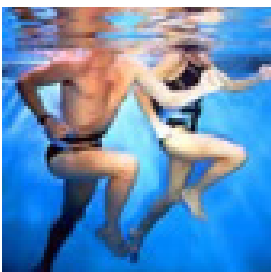
Dates: 8 Saturdays, starting on September 19
Times: 9:00-10:30 am
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$125, Non-residents: \$150

Synchronized Swimming

Ages 9 and older (special permission required for younger swimmers). Synchronized Swimming helps intermediate and advanced swimmers alike improve their swim skills, flexibility, strength and endurance. Skills taught in the class help novice swimmers develop greater comfort, ease and confidence in the water. Advanced swimmers develop greater body awareness, core control, and an improved feel for the water.

PREREQUISITE: ability to swim 15 yards; comfort in deep water and underwater.

Dates: 8 Mondays, starting on September 21
Times: 6:00-7:30 pm
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$125, Non-residents: \$150



Fall Aquatics 2015

Starfish Swim School® for Adults (Ages 18 and older)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

Days: 8 Tuesdays or 8 Saturdays, starting on September 19
Time: Tues. 8:00-8:45 pm / Sat. 10:15-11:00 am
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$109, Non-residents: \$134



Starfish Stroke School® for Adults (Ages 18 and older)

Students refine freestyle and learn stroke technique for butterfly, backstroke, breaststroke, and develop endurance.

Days: 8 Mondays or 8 Wednesdays, starting on September 21
Time: Mon. 8:00-8:45 pm / Wed. 8:00-8:45 pm
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee: Residents: \$109, Non-residents: \$134

Yonkers Masters Swim Club Ages 18+

Enjoy friendship and camaraderie as you improve your technique, stroke and conditioning through organized workouts; geared for the fitness swimmer to the serious competitor. Registered United States Masters Swim Team; member LMSC. For more detailed information, visit www.yonkersmasters.com.

Dates: Year round program
Times: Tues. / Thurs. 8-9:30 pm; Sat. 11:00-12:30 pm
Location: Mark Twain Pool, 160 Woodlawn Avenue
Fee*: Residents: \$108, Non-residents: \$133
(* spring session price)



Yonkers Condors Tsunami Swim Team

Yonkers Tsunami Competitive Swim Team has joined forces with the Westchester Condors to become part of USA Swimming year round. For more details and registration information, please visit www.condorsswimming.com.



STARGUARD™ Lifeguard Training

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR, STARGUARD™. Certification is equivalent to lifeguard certification from American Red Cross, YMCA, Ellis & Associates, and NASCO. Must be 16 years old by completion of course. Please register online at <https://register.communitypass.net/yonkers> for upcoming course information.



STARFISH™ Swim Instructor

National certification from Starfish Aquatic Institute (SAI). Certification is equivalent to Water Safety Instructor (WSI) certification from American Red Cross and YMCA. More detailed information on future course certification TBA. Please register online to receive information: <http://register.communitypass.net/yonkers>



Fall Aquatics 2015



Continuing our relationship of success in 2015-2016, Condors Swimming & Yonkers Recreation are taking swimming to new heights at the Mark Twain Pool in Yonkers. With representation in both USA Swimming*, the governing body that selects swimmers to represent the country, and our local Westchester-Fairfield Swim League, swimmers in our location get to foster a love of the sport through multiple mediums.

Open try-outs will be held Tuesday, September 16th through Friday, September 25th between the hours of 4:00 and 7:30 PM. Additional try-outs can be handled by request, please visit www.Condors.org or e-mail Jon@CondorsSwimming.com to set a time and date.

Membership Available: Year Round

Age: 5-18 years.

Location: Mark Twain Pool. 160 Woodlawn Avenue, Yonkers, NY, 10704.

Group:	Schedule**:	Total Price:	8 Month Plan:	Pay-in-Full:
Stroke Development	T/Th: 5:00-6:00PM. Fri: 4:00-5:00PM. Sa: 1:00-2:00PM.	\$1500*	\$196.88/mo*	\$1425*
Bronze	Mon/Wed/Fri: 5:00-6:00 PM. Sa: 12:30-1:30PM.	\$1750*	\$229.69/mo*	\$1662.50*
Silver	Monday-Friday: 6:00-7:30 PM. Sa: 11:30-1:00PM.	\$1900*	\$249.38/mo*	\$1805*
Gold	Monday-Friday: 4:00-6:00 PM.	\$2300*	\$301.88/mo*	\$2185*
Senior	Monday-Friday: 4:00-6:00 PM.	\$2700*	\$354.38/mo*	\$2565*

*: **USA Swimming Additional Registration Fee:** This fee will establish the swimmer's amateur status as a competitive swimmer, and provide insurance coverage during swim practice sessions and meets. The additional fee is \$66.00 for the swim year. This non-refundable fee is due at registration. USA Swimming is the national governing body for swimming in the United States; this fee is mandated by this governing board for all members of a USA Swimming recognized team.

****: Schedule:** Practice schedule is always subject to change based on pool availability. Gold/Senior report to the Felix Festa location for Saturday **only**. Please check the schedule at www.Condors.org.

Project Friendship

Project Friendship is a group oriented program for ages 5 and above with developmental disabilities. Please note all participants need to be interviewed by Recreation Supervisor. We do not offer 1:1 services for participants of the program. If your child needs additional support you are required to attend and interact with them.

All participants must be toilet trained. Please call Tara Conte at 914-377-6438 with any questions.

Fees (per participant): Yonkers Residents \$175. Non-residents \$360. Any group home individual \$335.

Please note: There will be an additional fee for any and all special events planned during the course of the year. There is also an additional fee to participate in bowling.

Art Therapy: Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Saturdays.

Age/Time: Children/Pre-teens: 1:00 - 2:00 pm

Bowling: Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

Location: Paradise Lanes, 790 Yonkers Ave.

Date: Based off age group.

Age/Time: Children/Pre-teens: 4:30 - 6:00 pm on Thursdays

Age/Time: Adults: Fridays 3:30 - 5:30 pm

Dance Therapy: This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational program will benefit all that attend.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Children & Pre-teens: 7:00 - 8:00 pm

Delightful Dining: Enjoy a wonderful hour of simple but delicious food and etiquette. This will definitely be a program all will enjoy.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month-first and third Saturdays

Age / Time: Children & Pre-teens, 3:00 - 4:00 pm

Fun & Fitness: Participants will exercise and do a music and movement class all within an exciting hour.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Saturdays.

Age/Time: Children & Pre-teens: 2:00 - 3:00 pm

Hero Tennis: This program is designed to promote a participant's coordination and agility skills.

Location: Montessori 11 Gym, 160 Woodlawn Ave.

Day: Program meets weekly on Saturdays.

Age/Time: All Ages: 11:00 am - 12:00 pm

Music Therapy: Participants will use music to explore and improve, physical, psychological, cognitive, and social functioning.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month every other Saturday.

Age/Time: Children & Teens: 2:00 - 3:00 pm

Pet Therapy: This unique program uses a trained animal to achieve specific physical, social, cognitive and emotional goals with participants.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Children & Pre-teens: 6:30 - 7:00 pm

Special Olympics: Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to teens and adults during the months of October through mid-May.

Location: Montessori 11 Gym, 160 Woodlawn Ave.

Day & Time: 9:00 - 11:00 am on Saturdays

Storytelling: Join as we read our all-time favorite stories! Parents and participants are encouraged to bring in stories as well!

Location: Coyne Park CC, 777 McLean Ave.

Age/Day/Time: Children/Pre-teens: 12:30 - 1:00 pm on Saturdays

Teen Fun Club: Participants will have an opportunity to socialize and make new friends. Activities will include: exercise, sing a longs, community outreach and movies.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Teens: 13-22 years 7:00 - 8:00 pm

Theatre Workshop: Learn the wonderful craft of drama, self-expression and miming.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Saturdays.

Age/Time: Children & Teens: 1:00 - 2:00 pm

Yoga: This program enhances strength, breathing and balance. Each participant will learn breathing exercise techniques in a recreational environment.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Children & Pre-teens: 6:00 - 7:00 pm

Young Adult Club: A social program for developmentally disabled teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, exercise, entertainment, art, dancing, and much more.

Location: Coyne Park CC, 777 McLean Ave.

Age/Day /Time: Teens & Adults: 7:00 - 9:00 pm on Tuesdays

Special Events: A multitude of activities will be planned throughout the year. TBA

Project Friendship

A group program for people with developmental disabilities

TEEN & ADULT PROGRAMS

Tuesdays

Young Adult Club

Ages: 16+
7:00 - 9:00 pm
Coyne Park CC
777 McLean Ave.



October 13, 20, 27
November 3, 10, 17, 24
December 1, 8, 15, 22, 29

Fridays

Project Friendship Bowling League

3:30 - 5:30 pm
Fee: \$8.00 for 2 Games
Paradise Lanes
790 Yonkers Ave.

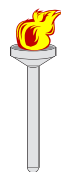
October 9, 16, 23, 30
November 6, 13, 20
December 4, 11, 18

Drop off and pick-up site
located in parking lot on
Belmont Ave., behind the bank.
(Rear entrance to bowling alley.)

Saturdays

Special Olympics

Teens & Adults
9:00 - 11:00 am
Montessori 11 Gym
160 Woodlawn Ave.



October 10, 17, 24
November 7, 14, 21
December 5, 12, 19

Saturdays

Hero Tennis

All Ages
11:00 am - 12:00 pm
Montessori 11 Gym
160 Woodlawn Ave.



October 10, 17, 24
November 7, 14, 21
December 5, 12, 19

* On December 12 the Special Olympics Tournament will take place in Yonkers Montessori Academy Gym

CHILDREN/PRE-TEEN /TEEN PROGRAMS

Thursdays

Bowling

4:30 - 6:00 pm
Fee \$7.50 for 2 games
Paradise Lanes
790 Yonkers Ave.
Please see above for drop off
and pick-up instructions
October 8, 15, 22, 29
November 5, 12, 19
December 3, 10, 17

Fridays

Yoga

6:00 - 7:00 pm
Coyne Park CC
777 McLean Ave.
October 9, 23
November 6, 20
December 4, 18

Fridays

Pet Therapy

6:30 - 7:00 pm
Coyne Park CC
777 McLean Ave.
October 9, 23
November 6, 20
December 4, 18

Fridays

Teen Fun Club

Ages 13 - 21
7:00 - 8:00 pm
Coyne Park CC
777 McLean Ave.
October 16, 30
November 13
December 11

Fridays

Dance Therapy

7:00 - 8:00 pm
Coyne Park CC
777 McLean Ave.
October 16, 30
November 13
December 11

Saturdays

Hero Tennis

11:00 - 12:00 pm
Montessori 11 Gym
160 Woodlawn Ave.
October 10, 17, 24
November 7, 14, 21
December 5, 19

Saturdays

Storytelling

12:30 - 1:00 pm
Coyne Park CC
777 McLean Ave.
October 10, 17, 24
November 7, 14, 21
December 5, 12, 19, 26

Saturdays

Music Therapy

1:00 - 2:00 pm
Coyne Park CC
777 McLean Ave.
October 10, 24
November 7, 21
December 5, 19

Saturdays

Creative Crafts

1:00 - 2:00 pm
Coyne Park CC
777 McLean Ave.
October 24
November 14
December 12, 26

Saturdays

Theatre Arts

2:00 - 3:00 pm
Coyne Park CC
777 McLean Ave.
October 10, 24
November 7, 21
December 5, 19

Saturdays

Fun & Fitness

2:00 - 3:00 pm
Coyne Park CC
777 McLean Ave.
October 24
November 14
December 12, 26

Saturdays

Delightful Dining

3:00 - 4:00 pm
Coyne Park CC
777 McLean Ave.
October 24
November 14
December 12, 26

Edward J. Murray Memorial Skating Center

348 Tuckahoe Road
Yonkers, NY 10710
(914) 377-6469

PUBLIC SKATING ADMISSIONS

General Admission	\$8.00
Chaperone	\$1.50
Senior Citizen (10 am to Noon sessions only)	\$2.00
Skate Rental	\$4.00

PUBLIC SKATING SESSIONS

Tuesdays, Wednesdays & Thursdays	10:00 - Noon
Friday	10:00 - Noon & 8:00 - 10:00 pm
Saturday	11:00 - 1:00 pm, 2:00 - 4:00 pm & 8:00 - 10:00 pm
Sunday	11:00 - 1:00 pm, 2:00 - 4:00 pm & 5:20 - 7:20 pm

**Please call the rink or visit website
for holiday hours and closures**

Having a birthday? Why not an ice skating party?
Call (914) 377-6469 for details!

2015 Season:

Saturdays	Sundays	Tuesdays
9/26 - 12/12	9/27-12/13	9/29 - 12/15



2015 - Semester I: September - December

TOT "TRIAL" EVALUATION CLASS

Ages 4 to 14 years

Tots can "try-out" a group skating class, to help decide if they are ready for lessons. Reservations for a trial class will reserve a spot in the first semester of group classes. If the parent decides to continue the class, full payment for Semester I must be made on the day of the trial class. A child may register for lessons without a trial class. Missed reservations for trials will be charged for a new trial date if space is available. Call for registration information. Pre-registration is **REQUIRED** for the Trial Lesson. Fee for Trial Class: \$ 15.00

Please call for more information. (914) 377-6469

TOT CLASS

Ages 4 to 6 years

Curriculum includes 4 levels from learning to stand and move on the ice to stroking and one foot glides.

Children will be grouped according to their skill level.

SKATE 1 AND SKATE 2 CLASS

Ages 7 to 14 years

Students must be able to stand on the ice unassisted in order to be eligible for this class. Curriculum includes an array of basic skating skills from two foot glides to stroking and backward swizzles. Upon mastery of recreational level, students are tested for the ISI Pre-Alpha Level and move up to the the Alpha level, for an additional fee, paid to the City of Yonkers.

Note: All students with appropriate skills are eligible for Alpha Class.

TOT , SKATE 1 & SKATE 2 CLASS TIMES & FEES SEMESTER I

All classes are a half hour in length			
Tuesday	4:00 pm or 4:30 pm	12 weeks	\$180.00
Saturday	9:45 or 10:15 am	12 weeks	\$180.00
Sunday	1:15 pm	12 weeks	\$180.00

Edward J. Murray Memorial Skating Center

2015 LEARN TO SKATE PROGRAM - Semester I

The Ice Skating Institute Method: All students begin lessons at the Tot, Skate 1, or 2 level learning basic skills necessary to progress to Alpha level and beyond. Each level contains specific components as listed and tests are given at regular intervals to enable students to reach the next level. Register online at register.communitypass.net/yonkers.

ALPHA CLASS

Curriculum: Forward stroking, forward crossovers one foot snow plow and posture as detailed in the ISI Handbook. All classes are a half hour in length.

BETA CLASS

Curriculum: Backward stroking, backward crossover strokes, T-stop, and posture as detailed in the ISI Handbook. All classes are a half hour in length.

GAMMA CLASS

Curriculum: Three turns & Mohawk turns, hockey stop & posture as detailed in the ISI Handbook. All classes are a half hour in length.

DELTA CLASS

Curriculum: Forward inside three turns, forward edges shoot the duck, forward lunge, bunny hop, and posture as detailed in the ISI Handbook. All classes are a half hour in length.

ALPHA - DELTA CLASSES

SEMESTER I

Tuesday	5:00 pm	12 weeks	\$192.00
Saturday	9:15 am	12 weeks	\$192.00

FREESTYLE 1 THROUGH 9 CLASSES

Curriculum includes stamina training, flexibility, all jumps and spins in a progression of difficulty. The first 15 minutes of each class will be a warm-up period devoted to power skating, edges and movement to music. All classes are 45 minutes in length.

FREESTYLE 1 THROUGH 4

Semester I

Saturday	8:30 am	13 weeks	\$216.00
----------	---------	----------	----------

FREESTYLE 5 THROUGH 9

Semester I

Saturday	7:45 am	13 weeks	\$216.00
----------	---------	----------	----------

SEMESTER I

September to December

Saturday	Sunday	Tuesday
9/26-12/12	9/27-12/13	9/29-12/15



Edward J. Murray Memorial Skating Center

GENERAL YOUTH HOCKEY INFORMATION

Registration is ongoing and will continue until programs are filled. Register online at register.communitypass.net/yonkers. All fees must be paid in full at registration. Players age determines eligibility and placement.

HOCKEY CLINIC - AGES 5 - 14

Participants are grouped according to proficiency and given instruction in basic skating and hockey skills. Simple games and drills will be utilized to accomplish these goals. Cross Ice scrimmages will be organized at the end of each session. The hockey clinic is offered on the following days:

Tuesdays, 5:30 - 6:10 pm

Fee: \$204 for 12 weeks

September 29, 2015 - December 15, 2015

Saturdays, 1:00 - 1:40 pm

Fee: \$204 for 12 weeks

September 25, 2015 - December 14, 2015

IN-HOUSE LEAGUE - AGES 9 - 14

Teams will be formed based on player's age, skill and ability. The teams will compete in a non-checking recreational format. Pre-season workouts will be held for the purpose of evaluating players for placement on teams and enhancing the individual skills needed to participate. In addition to the regular season games and playoffs, general practices will be incorporated into the schedule to promote player development. Jerseys, referees, scorekeepers and awards are included in the league fee. The program will focus on skill development and fair play. Players must be available during any of the planned times listed.

Games Sunday 9:40 am and 4:10 pm *as scheduled

Practice Tuesday 6:30 pm

Fee: \$550

Checks payable to "City of Yonkers".

Online registration available at register.communitypass.net/yonkers

EQUIPMENT REQUIREMENTS FOR HOCKEY PROGRAMS

H.E.C.C. approved helmet & face protection

- Throat protector
- Inner mouth piece
- Ice hockey shoulder, shin & elbow pads
- Cup and athletic supporter
- Ice hockey gloves and stick
- Ice hockey skates
- Ice hockey pants

ADULT OPEN HOCKEY

Fee: \$10 per player per session

Players 18 years and older may participate in an open scrimmage or practice workout during various times throughout the winter season. Equipment required! Goalies skate free.

ICE RENTAL TIMES AVAILABLE

Fee: \$400 per hour

Proper forms and a \$100 non-refundable deposit required per hour rented to reserve ice time.

Discounted ice rental fee:

Monday - Friday 5:30 am - 3:30 pm

\$250 per hour

Excludes Holidays

Monday - Sunday 12:30 am - 5:30 am

\$200.00 per hour plus terms listed above

Senior Citizen Recreation

Retired? Tired of being home? Come out to our Senior Centers! Make friends, socialize and have a great time all year round. Senior Center members enjoy luncheons, trips, card playing, bingo, parties, billiards, and much more.

There are 3 Components to the Senior Recreation Program:

Senior Centers

Specialist Programs

Seasonal Events

The Yonkers **Senior Centers** are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60 years & older; \$25 per year for Non-residents. Each Senior Center is completely different. When visiting a Senior Center ask to see the leader. The leader will show you around and introduce you to other members. They can go into detail on the different Senior Center activities.

The **Specialist Programs** are free recreation classes including fitness and artistic classes. Most Classes run for 10 weeks in the Fall and 15 weeks in the Winter/ Spring months. This program is open to residents 60 years or older. Registration is not required. Simply drop in and take a class. Driver Defense Courses and the Arts & Crafts program do require phone registration.

The Parks Department hosts free **Seasonal Events** throughout the year to bring all the Senior Centers together. This is also a great way to meet new friends throughout the city. Some of our seasonal events include: Senior Halloween Hop, Senior Spring Dance, Senior Picnic, Senior Golf Tournament, and Trips.

Please see separate flyers for: Yonkers Senior Centers, Specialist Programs, Seasonal Events, Bingo, Artist in You, Crafts Classes, and AARP Driver Defense Courses.

For more information on our senior programs, classes and events call Recreation Supervisor, Jose I. Alvarado, Monday through Friday from 9:00 am - 4:00 pm at 377-6443.

Senior Citizen Recreation

Membership for the Yonkers Senior Centers is free and available to any Yonkers residents 60 years of age and older. Non-residents are invited to join our Centers for a nominal fee – please see Senior Leader for more information. All potential new members should ask to see the Center's Leader. The Leader will show you around, introduce you to other members, and go over center activities offered. For more information on our Senior Programs, Classes and Events, call Recreation Supervisor, Jose I. Alvarado, Monday through Friday from 9:00 am to 4:00 pm.

SENIOR GROUP #2

Grinton I. Will Library

Senator Flynn Room

1500 Central Pk. Ave.

Phone: 337-1500 press 1 then 348

Monday-Friday 12:30 - 4:30 pm

This site is in a small room which allows for a coffee hour, card playing and bingo.

SENIOR GROUP #3

Coyne Park Community Center

777 McLean Ave.

Phone: 377-6472

Monday-Friday 12:00 - 4:00 pm

This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program, and a coffee hour. This center does have a trip committee as well as many parties.

SENIOR GROUP #4

Charles Cola Community Center

945 N. Broadway

Phone: 377-6483

Mon., Wed., Fri., 12:30 - 4:30 pm

This site offers arts and crafts, bridge, bingo, card playing, drawing, woodcarving, and many parties.

SENIOR GROUP #5

Rauso Post at 178 Waverly St.

Phone: 377-6474

Tuesday 11:00 am - 3:00 pm

This site has bingo and card playing as well as many in house parties.

SENIOR GROUP #6

Bryn Mawr Church Hall

20 Buckingham Rd.

Phone: 377-6478

Mon. & Wed. 12:30 - 4:30 pm

This site has bingo and card playing, and many in house parties.

SENIOR GROUP #7

St. Mark's Hall, 1373 Nepperhan Ave.

Phone: 377-6479

Tues. & Fri. 11:30 - 4:30 pm

This site has bingo, card playing, watercolor painting classes, and many in house parties.

SENIOR GROUP #8

Runyon House, 21 Runyon Ave.

Phone: 969-2733

Wednesday 10:30 am - 4:30 pm

This site plays cards, tripoly, exercise, bingo, and great parties.

SENIOR GROUP #9

Terrace City Lodge #1499

95 N. Broadway

Phone: 969-9752

Wednesday 11:00 am - 3:00 pm

This site has bingo and lunch.

SENIOR GROUP #10

Bronx River Rd Community Center

680 Bronx River Rd.

Phone: 377-6486 (closed Thursdays)

Monday - Friday 11:30 am - 3:30 pm

This site offers bingo, card playing, exercise, arts and crafts, and parties.

*Lunch program through Office for the Aging, call 377-6822.

SENIOR GROUP #12

Nodine Community Center

140 Fillmore St.

Phone: 377-6475

Monday - Friday 12:00 - 4:00 pm

This is a multi-room site which allows for many different activities: billiards, bingo, card playing, tai chi, exercise, yoga, line dancing, bocce, AARP courses, and a coffee hour.

SENIOR GROUP #14

North East Jewish Center Hall

11 Salisbury Rd.

Phone: 377-6491

Thursday 12:30 - 4:30 pm

This site plays mahjong and has great monthly meetings. They also enjoy going to luncheons.

SENIOR GROUP #15

Nepperhan Community Center

342 Warburton Ave.

Phone: 965-0203

Tues. & Thurs. 12:30 - 4:30 pm

This site plays pokeno and tripoly, has exercise and crafts. * Lunch program through Office for the Aging, call 377-6822.

SENIOR GROUP #16

Crestwood Library

16 Thompson Street

Phone: 779-3774

Mon. & Tues. 12:00 - 4:00 pm

This site is in a small room with a coffee hour, card playing and bingo.

Senior Citizen Recreation

Inclement weather? Call the hotline (914) 377-6454 one hour prior to the scheduled class or center opening.
For more information on Senior Programs, please call Jose I. Alvarado, Recreation Supervisor, at 377-6443.

MONDAYS

Drawing & Sketching/Art Exploration

Starts Sept. 28, 12:30-2:30 pm, except for the 1st Mondays of the month. Cola Center, 945 North Broadway

Silver Stars Walking & Exercise 10:30 - 11:30 am,
Starts September 14

Tibbetts Brook Park - Meet in Gazebo closest to the entrance parking lot. The program combines walking, exercise and socializing for an hour. Walk at your own pace with the group and make some new friends!

Line Dancing 12:30 - 1:45 pm, starts September 28
2nd, 3rd & 4th Mondays of the Month & 1st Tuesday of the Month
Coyne Park Community Center, 777 McLean Avenue

Line Dancing 12:30 - 1:45 pm, starts October 5
1st Monday of the Month only
Charles A. Cola Community Center (Beginners)
945 North Broadway

TUESDAYS

Exercise 1:00 - 2:00 pm, starts September 8
Nepperhan Community Center, 342 Warburton Ave.

Yoga 1:00 - 2:00 pm, starts September 8
Nodine Hill Community Center, 140 Fillmore St.

Senior Buddies - Intergenerational Fun! 11:00 - 12:00 pm
Coyne Park Community Center, 777 McLean Avenue
Along with PS 21, runs through the school year

Sing A-long 2:30 - 3:30 pm - Year Round
Coyne Park Center, 777 McLean Avenue

Woodcarving 11:00 - 2:00 pm, all year round
Charles A. Cola Community Center (Room facing Park)

Drawing & Sketching/Art Exploration 12:30 - 2:30 pm,
starts October 6. Crestwood Library (lower room)
16 Thompson Street

WEDNESDAYS

Tai Chi 11:00 - 12:00 pm, starts September 9
Nodine Hill Community Center, 140 Fillmore St.

Exercise 12:00 - 1:00 pm, starts September 9
Coyne Community Center, 777 McLean Ave.

Exercise 12:30 - 1:30 pm, starts September 9
Runyon House, 21 Runyon Ave.

Drawing & Sketching/Art Exploration 12:30 - 2:30 pm,
starts October 7. Crestwood Library (lower room)
16 Thompson Street

THURSDAYS

Yoga 12:00 pm-1:00 pm, starts September 10
Coyne Community Center, 777 McLean Ave.

FRIDAYS

Exercise 12:30 pm - 1:30 pm, starts September 4
Coyne Community Center, 777 McLean Avenue

Exercise 1:00 - 2:00 pm, starts September 25
BRR Community Center, 680 Bronx River Rd.

Watercolor Painting 12:00 - 2:00 pm, starts October 2
St. Mark's Episcopal Church Hall,
1373 Nepperhan Ave.

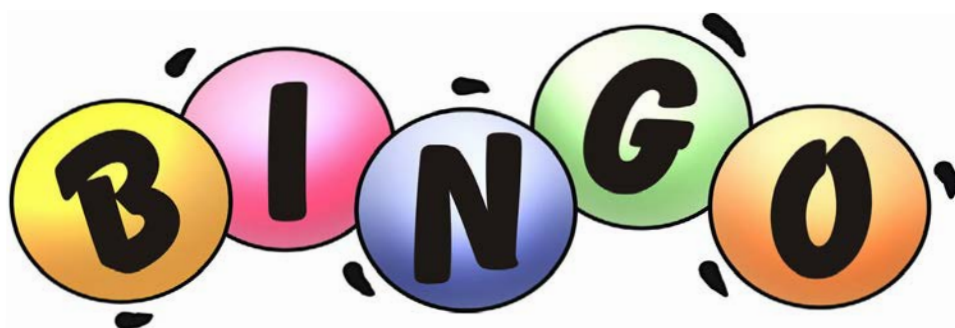
Line Dancing 12:30 - 1:45 pm, starts September 25
(Advance) Nodine Community Center, 140 Fillmore St.

Line Dancing 12:30 - 1:45 pm, starts October 23 &
November 20, (Beginner Trials) Cola Center, 945
North Broadway

Coyne Park Dancers 1:30 pm - Year Round
Coyne Center, 777 McLean Ave. Some dance
experience is needed for this intermediate group.

Busy Hands Crochet & Knitting 12:00 - 4:00 pm
Coyne Community Center, 777 McLean Avenue
Year Round

Senior Citizen Recreation



Bingo is held at the various senior centers and open year round to Yonkers Residents 60 years and older.
Sites with a * star may play at an alternate time the first week of the month due to Senior Center Monthly Meetings.

Monday

- * Senior Center 16, Our Lady of Fatima Church Hall, 963 Scarsdale Road 12:00 pm 377-6492
- * Senior Center 2, Will Library Senator Flynn Room, 1500 Central Pk Ave. 12:15 pm 337-1500
- Senior Center 4, Charles A. Cola Community Center, 945 North Broadway, 2:00 to 4:30 pm

Tuesday

- * Senior Center 7, St. Mark's Episcopal Church Hall, 1373 Nepperhan Avenue 1:00 pm 377-6479
- Senior Center 10, Bronx River Road Community Center, 680 Bronx River Road 1:00 pm 377-6486
- * Senior Center 3, Coyne Park Community Center, 777 McLean Avenue 12:15 pm 377-6472

Wednesday

- * Senior Center 9, Terrace City Lodge #1499, 95 North Broadway 11:00 am 969-9752
- Senior Center 8, Runyon Community House, 21 Runyon Ave. 1:00 pm 969-2733
[once a month usually the 3rd Wednesday of the month]
- Senior Center 12, Nodine Center, 140 Fillmore Street - 12:00 pm Hotdogs, 1:00 pm Bingo 377-6475
- Senior Center 6, Bryn Mawr Church Hall, 20 Buckingham Road 12:00 pm 377-6478
- Senior Center 10, Bronx River Road Community Center , 680 Bronx River Road 1:00 pm 377-6486

Thursday

- Senior Center 3, Coyne Park Community Center, 777 McLean Avenue 12:15 pm 377-6472
[once a month usually the 3rd Thursday of the Month is the Big Bingo Bonanza.]

Friday

- Senior Center 2, Will Library Senator Flynn Room, 1500 Central Park Ave. 12:15 pm
To call this senior center dial 337-1500 press #1 then extension 348.



Senior Citizen Recreation



Arts & Crafts

Enjoy a series of Arts and Crafts classes with Instructor Joanna Cardilli!

Participants will enjoy creating seasonal crafts projects for the home and personal use.

REGISTRATION: Phone in – call the location of the class and register your name with the Senior Leader. Space is limited. Registration is free and open to residents 60 years of age and older.

*We reserve the right to cancel any class due to lack of enrollment. Classes are not held on federal holidays. Once registered, attendance is required.

Enjoy classes at these four locations; each session is five classes:

- **Location 1:** Nodine Hill Community Center, 140 Fillmore Street
Fridays 1:30 - 3:30 pm – **September 11, 18, 25, October 2, 9**
- **Location 2:** Bryn Mawr Church Hall, 20 Buckingham Road
Mondays 1:30 - 3:30 pm – **October 19, 26, November 2, 9, 16**
- **Location 3:** Nepperhan Community Center, 342 Warburton Ave.
Thursdays 1:30 - 3:30 pm – **September 10, 17, 24, October 1, 8**
- **Location 4:** Runyon Heights Community Center, 21 Runyon Avenue
Wednesdays 1:30 - 3:30 pm – **September 9, 16, 23, 30, October 7**

Inclement weather? Call the City of Yonkers hotline at (914) 377-6454 one hour prior to scheduled class or center opening to confirm if that the class is being held.

For more information on Senior Recreational Programs, call Jose I. Alvarado, Recreation Supervisor at (914) 377-6443



Senior Citizen Recreation Special Events

32nd Annual Yonkers Senior Golf Tournament

Shotgun style tournament for Yonkers Residents 60 years of age and older
Winners Receive T-Shirts, Medals and Golf Balls

Tuesday, September 15, 2015
Raindate: September 22, 2015

Dunwoodie Golf Course
1 Wasylenko Lane, Yonkers



Annual Senior Halloween Hop

A Party for Yonkers' Ghosts and Goblins
60 Years of age and Older



Thursday, October 29, 2015
11:30 am – 3:30 pm
Castle Royale
92 Waverly Street, Yonkers

Please join us for some ghoulish fun, snacks, and beverages!
Free admission, door prizes, and fun entertainment!
Come dressed up in your favorite costume and join our costume contest!

For more information on these or any other Senior Programs
please call Jose I. Alvarado at (914) 377-6443.

Coyne Park Rifle and Pistol Range

771 McLean Avenue
Yonkers, NY 10704
(914) 377-6488
www.coyneparkrange.net

The Coyne Park Range is a modern, state-of-the-art indoor shooting range conveniently located in southeast Yonkers. A public range welcoming to all recreational shooters and law enforcement personnel.

There are many reasons why more than 19 million Americans safely participate in the fun and challenging sport of target shooting. This is a sport that can vary from a leisurely hobby to competing in local and national leagues, or just competing with yourself. If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

Business Hours: Mondays, Wednesdays, Thursdays: 5:00 - 10:00 pm
Friday: 10:00 - 10:00 pm
Saturdays & Sundays: 12:00 - 6:00 pm
Closed on Tuesdays

Residents and Non-residents: \$20 per hour

Yearly memberships available, Residents \$275, Non-residents \$300

Eye and Ear Protection: \$3 each

Rifle Rental: \$58 per person includes 100 rounds of ammunition, eye and ear protection, instruction, and one hour admission.



NRA First Steps

Our National Rifle Association (NRA) First Steps Pistol and Rifle courses are for people who own a firearm. They are by appointment only and typically involve one-on-one instruction.

Pistol Safety Course

Special Fee: \$125 for Residents and Non-residents

If you complete this course you receive a discount on your Range membership: Only \$140 for Yonkers Residents, only \$150 for Non-residents. You must visit the Range within 30 days after receiving your permit in order to receive the discount. This is a "one-time" offer. You will pay the regular Range membership fee when you renew.

Yonkers Animal Shelter

1000 Ridge Hill Boulevard
Yonkers, NY 10710
(914) 377-6730

Interested in adopting?

We are constantly in search of new homes for all of our wonderful pets, both cats and dogs.

These animals are asking for a chance to show you their affection and love. If you are interested in a pet, please consider meeting our beautiful animals. A staff member is available to discuss our adoptable animals with you. Potential adopters are required to fill out our pre-adoption form, which can be done at the shelter.

Hours of Operation

11:00 am to 4:00 pm
Adoption fees: Cats \$65.00 / Dogs \$80.00

Adoptions include:

Spaying and neutering
Distemper shot
De-worming
Rabies shot
Dog License
and a free examination with a participating veterinarian





City of Yonkers

Department of Parks, Recreation & Conservation

285 Nepperhan Avenue

Yonkers, New York 10701

www.yonkersny.gov

register.communitypass.net/yonkers